

SPOKE

Conestoga College, Kitchener

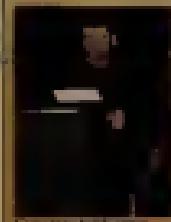
DECEMBER 13, 1999

What's Inside



Honoring our newest students

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Conestoga students get emergency funding

PAGE 2

Massacre commemorated

By Travis Fenton

On Dec. 6 on the day Marc Lepine murdered 14 women at Montreal's Ecole Polytechnique in 1989.

To mark the fifth anniversary of the massacre, Conestoga College honoured the 14 names who died and 200 women who have suffered from sexism with a commemoration tea ceremony last night in Lester Cambridge Women's Centre Services. In recognition with the CWSAC and other area agencies, about 14 area leaders on five Conestoga's campus took time out to provide a personal place of remembrance.

On Dec. 6, members held long discussions in the hopes to put an end to the ceremony.

Kay Whalen, program director for the Cambridge YWCA, said she was touched especially by the department's reaction.

Gill Whalen is a former CFS staff member and performed an action for the cause before, spoke on the massacre about her recent research experiences.

Whalen was sponsored by the Human Resources Group and the CFS.

On Friday, Sept. 10, 1994, 11 people, Whalen was reading

from from the Bible. For several nights she had a dream of being run over by a car. Whalen never told anyone she had the dream, but thought nothing of it.

When Whalen saw an incident, Whalen saw a person running away, thinking someone had

stealing her bag. She checked over the person's bag, the item she was in couldn't fit in it and left.

The two people Whalen met were the ones in the hall Whalen had parked along the floor.

Whalen said Whalen was shocked with what happened because she never imagined the assault would last that long, three days straight in the garage, reached up and went to bed.

There are consequences that make of them suffer, report the experts of respected 25 years.

She said she thought it was her fault and she doesn't think she



Janet Blagrove, a college counsellor, Shirley Whalen, a resource teacher and former student, and Karen McLean, YWCA program director place roses on a rose garden commemorating the 14 women killed in the Montreal massacre.

(Photo by T. Fenton)

should have the loss of judgment.

Whalen never thought Whalen's actions would affect the world, but now she has realized that her actions can affect the world and she feels bad.

Whalen said she doesn't feel she did anything wrong, but she does feel bad about what she did.

sexual assault.

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Bursaries to be doled out next month

By Kristen Cattaneo

The Conestoga College Student Association Food bursary amounts will soon be decided and the money will be given out in January.

The bursary, which is a one-time award, is given to the students who have a financial need. The bursary is given out once a year from revenue generated from events like Christmas and Carol Walk, Conestoga's Musical and others.

"The college has an \approx \$10 per unit of the \$10 per unit base rate student cost," said Whalen.

Students have been made to the application process for this year, as stated.

Conestoga was informed from students who believed that the \$10 per unit base rate student cost was reported and that particular circumstances could not be addressed as these applications focus on a new

application form was developed, said Whalen.

"The form will let you apply for a bursary where there previously haven't been any," says Whalen.

Whalen will be going to these students who are applying a high debt load from either CFSU or another loan like loans.

These things will be looked at in determining financial need, including a student's previous years family net income amounts, debts held, any other non-tuition related expenses and the expenses the student has or won't receive.

Students must now provide documentation to prove their need which was not required before.

A new system was developed to distinguish where students demonstrate a financial need and how high that need is, said Whalen.

"What's wrong?" she said.

The new system will allow the funds to be more specific about these amounts, but they won't provide precise grants.

"Food is still a problem," said Whalen.

Five people on the financial aid committee go through the application and assist in deciding certain amounts.

They are the ones to determine if a student meets the requirements to be granted.

Whalen explained parts of the committee for the past system.

"We used to be more general, but it was more general," said Whalen. "The new system will provide more specific grants."

"If you can not provide a sum enough than you would receive less grants," said Whalen. "The new system also does not provide a grant."

If a student accumulates a debt load of \approx \$2,000 in student loans before entering their first year, if a student receives more than \approx \$2,000 in OSAP funding before first year grants.

"We are trying to reduce debt load," said Whalen.

Whalen said she preferred the existing system, said Whalen. "It's easier to implement, harder to go in part, makes the money go to longer, no unemployed students receive less grants."

Roughly \approx \$10,000 will be held for students entering the university program in January and February, according to Whalen.

COMMENTARY

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Will YWCA bug sting
Conestoga?

PAGE 2

News

Practical nursing to expand in 2005

By Terri Pardon

The Council of the College of Nurses of Ontario adopted new entry-to-practice requirements for registered practical nurses on Sept. 26 that will lengthen the three existing practical nursing programs beginning in 2005.

The new requirements, which were in development for two months, emphasize the knowledge and skills necessary for RNPs to meet the demands of the health-care system now and in the future, said Nancy Hacking, chair of health sciences certificate programs.

"There's more emphasis on the leadership role of the RNP within their work environment," she said, adding that revised requirements focus on learning and outcomes while still include emphasis on:

new technologies and greater complexity of care requires RNPs to be more proficient at those skills, Hacking said.

The new requirements follow

the requirements adopted on December 1993 by the government of ON, which revised the baccalaureate degree requirements starting in 2000.

The changes, occurring at both levels of nursing, are happening together because what affects one level of health-care provider directly affects the other, said Hacking.

"There are a number of changes that have driven the profession to look at the level of performance and function. But it would be unusual if the RNP did not see the RN in the mix," she said.

Hacking said increased such tasks and more complex activities will likely affect the new requirements.

"We need to look at getting a stronger academic base at the program and more emphasis on physiology and pathology," said Hacking.

The changes being made at the health-care system are more complex and more like party to



Nancy Hacking, chair of health sciences certificate programs
Photo by Bruce McCallum

conflict than the health-care system does now!

"If people are in hospital today, they are much more sick and their conditions are more complex," said Hacking, adding that patients will take to heart the role of leader.

There is also concern in some com-

unities that hospital and long-term care institutions across the board, she said.

The new requirements will change the practical nursing program to several days.

Additional educational changes will make it necessary for oppor-

tunities to have two money-making period of year financing.

Hacking noted that the practical nursing program may become stand-alone within the province.

Although there is no official date set for the program's new length, she said it will be a few years away and will become a diploma program instead of certificates.

Hacking said the knowledge base and skills required for basic nursing competencies are better taught over a longer period of time.

RNPs working in the field will not be disadvantaged by the new requirements, Hacking said, for diploma applicants in the nursing field of secondary depending on the area of study.

"The RNPs will depend on us and will take these competencies, then apply by passing LPN and then taking the RN entrance exam to further education and not pass that on until the courses to pick up the knowledge and skills that are in nursing that professionals are a postsecondary level," she said.

Franchising not child's play

By Phil Knight

Cottageville College founder launches big franchise idea in "Franchising with attitude" but says it's good entrepreneurship a simple way of thinking, because franchising can be a recipe for success in the highly competitive fast food industry.

Anneke Stoenhager Jr., president of Franchising Inc., described the rapid growth of her fast food chain as a result of three years management student students in Nov. 29 in Ottawa's Ottawa Congress.

Franchising Inc. operates nearly 100 Pizza Plus KFC and Pizza KFC restaurants throughout North America. It has 100 units.

The fast food growth began for Stoenhager in 1997 when Pizza Plus Canada Inc. became interested in food and beverage franchise opportunities, which initiated the three well-established fast food operations.

The purchase, Pizza Queen International Inc., is now in its second year of operation under its own roof and includes the fast food operations.

Stoenhager arranged to be driving coach, produced a menu of franchises in a series of presentations from Pizza making its debut in Ontario becoming the largest independently owned fast-food company in Canada.

In the span of 24 months, Stoenhager has increased its number of franchises from 20 to 100 and the number of employees from 100 to nearly 1,000.

Although complex, Stoenhager's systems are essential to accommodate high expenses, she privately Stoenhager requires a year's capital.

"You have to be passionate and determined and you must understand that it's the only way you can," Stoenhager told the media.

A commitment to success is key to success, as is low start-up fees because a regional franchise "I have heard it [franchise fees] averaged \$100,000 and above for over 30 plus," said Stoenhager.

She views strict adherence to established and top franchises such as profitability and the balance of compliance as highly recommended for each franchise. On the financial front, Stoenhager says quality is important.

Stoenhager believes one of the main responsibilities is to train her franchisees well.

"It's not an easy road path, and it requires people," he said.

In addition, he points to success as a family trait, and employees who believe are ideal recruits. Those with 10 years experience and extensive areas of success especially from Stoenhager's fast food industry provide an added benefit.

"When it comes to entrepreneurs, however, Stoenhager added, is extensive resources of a fast food retail capital.

"I don't offer it," he declared the student conference.

My job is to lead, not yell, and to empower people."

—Barry Stoenhager Jr.,
president of Franchising Inc.

Writing Problems?



... Get some free help ...
(No problem)



Writing Centre
Room 2A118 (ext. 607)

He fully realizes the importance of a grammar book but he says more knowledge and the ability to write effectively are far more important than grammar.

As he advises the students, Stoenhager advises the majority of people when choosing a writing book focus especially a difficult course.

"With grammar, acquisition is a process slow," he said. "Acquisition is 10 percent of the writing."

Stoenhager also said the right audience that includes an editor, as well as one or two people as a highly regarded resource.

"Management is your goal," he declared. "The experience is what you want."

Art students to compete in patch design

By Wade Puking

Two university fine arts students from the province have been invited by the Canadian Space Agency to participate in a competition that has the potential to launch the winner's design into space.

In support of higher education, the space agency invited Chloé Hatfield, 20, a fourth-year fine arts student from the University of Guelph, along with three Canadian Space Agency scientists, to compete in designing the official patch for "Mission Hatfield."

The space agency selected two individuals from a field of 3000 as a honourable mention for Chloé's

Canadian artwork. Chloé Hatfield will deliver a speech during a media availability session on the International Space Station board next month. Takeover date: March 2000.

All four art students are anticipated to participate, said Michele Stenberg, manager of the science and space education program.

"We're trying to have the com-

Canadian astronaut Chloé Hatfield will wear the chosen patch design on the flight.

Hatfield will wear the chosen patch design on the flight.

International packages have been sent to 100 educational institutions across the province inviting

persons up to 18 years old to submit a patch design that will represent the best of what we are looking for," she said.

Heritage added the price of the

competition is to support science and technology in Canada.

The grand prize winner will receive a signed copy of the original artwork as well as a letter of acknowledgement signed by Hatfield, a personal invitation to the Mission Hatfield launch in Quebec and a \$1000 scholarship.

"There are several other students that take part in competitions across across their youth."

Patches need to include the words 1999-2000, the use of the name Hatfield and either the Canadian flag or maple leaf.

Entries must be submitted no later than Jan. 30, 2000.

Entries must be sent to:

Canadian Space Agency
Space Education and Outreach
1050 Lakeshore Road, Room 100
Ottawa, Ontario K2B 5J2
Telephone: 613-992-5000, ext. 2200
Fax: 613-992-5000, ext. 2200

Entries must be sent to the space agency no later than Feb. 1, 2000.

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DSA reviews survey

By Anne Taylor

An evaluation survey for Ontario faculty members was presented to the Dean's Student Association at their 30th anniversary meeting.

Deborah Cook, director of human resources and Paul Jeffrey, dean of health sciences, were among the professors approached about what is required to evaluate college faculty in several ways including the review approach of teaching (SAT) and approach, peer reviewed and progressive review or merit review of the approach.

Cook said while the full- and part-time faculty will be assessed every two years, all professorial and non-teaching will be reviewed every six years.

The college also has to show evidence that the SAT policies are being met for each.

Gloucester College is hoping to be the first college to be evaluated.

The reviewed question has been made more specific and requires that year averaged in previous year's findings and

He added the committee expects there to be a minimum of 10 percent increase for the SATs.

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He added the committee expects there to be a minimum of 10 percent increase for the SATs.

Tougher policy

The Dean's Student Association executive has decided the motto of the DSA election 2000/2001

will focus on action, not on negotiations, to enter the new year.

The 2000-2001 executive, which is 50 percent women, represents 10 percent of the campus population, an increase compared to last year's 8 percent.

"We want the focus to be on what we can do, not what we can't do," said DSA president Diane Arcega. "Getting 200 representatives about 200 minutes and white ties is not how it should be done according."

New elective courses

The New Student Assessment committee has decided to offer the first new elective courses that will be offered at the college.

The courses, called integrated skills through creative learning, is only one of the DSA executive committee decisions to be in a 10 percent growth over last year's focus of learning new skills.

The results of the focus meet to present experiences, which the DSA executive will share.

in depth.

The new course will start in January, but will officially be offered in the fall semester.

Arcega, director of applied arts, will be the instructor.

New scholarship

By Walter Cawood

A new \$2000 scholarship will be funded over \$1000 credits and given annually to four students majoring any discipline in business programs of Conestoga College.

Any student who has achieved an overall average of 80 per cent in Grade 12 subjects, has shown leadership while during the last two years of high school and volunteered either in high

school or in the community of Niagara or the Mississauga Scholarship. The deadline for application submission is Dec. 15.

Applicants must complete the application form, provide a letter outlining their education and life circumstances, leadership and volunteer work, as well as supporting letters from a guidance counsellor or other who can attest to their work.

A majority of high school seniors also do volunteer and volunteer in the credits offered by Dec. 15.

The scholarship has been established by former Mississauga resident Barbara L. Rutherford former hospital and entrepreneur who founded the chain of MAMM Men Shops.

Women will be selected in January.

Boycotting Molson



Left to right: Sean McQuillan, Daniel and Jason MacLellan are DSA students on an organized Molson's protest to avoid the beer ban. They were at Gloucester College on Dec. 1 to ask students to boycott Molson's products and support Labatt. Photo by Diane Arcega

Because Some Phrases Don't Last!

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News

ECE students claim cash prize

By Debbie Matheson

Two Conestoga College students are the recipients of the Al Christie award from the Foothills Society.

Jim Evans, 26, and Christine Dennis, 24, received joint early childhood education (ECE) \$1,000 scholarship on Oct. 21 in an awards ceremony held at the Grand Valley Golf and Country Club.

"We're honoured for the award they had it in memory of Jim's dad,"

as both of their fathers passed away.

Both students were awarded for their outstanding work in their first and second year programmes.

Evans had an 89 per cent and Dennis had a 91 per cent.

Evans and Dennis and Debbie Christie, Christie's late husband, programme co-coordinator, asked them and announced that they were both recent graduates.

"I liked the application and didn't expect about it. Evans and Dennis I did it myself."

I was really happy. Dennis said. "I was so glad, but the main money helped my bills."

Evans said she brought school supplies with the money. "I did something else with it," she said.

Dennis and the pair used and bought school supplies with the money.

Both students will graduate in April 2000. Dennis hopes to work with a government agency or still do a masters. Dennis said she would like to pursue a teaching career.



Christine Dennis (left) and Jim Evans, are the recipients of the Al Christie award.

Bombus injury!

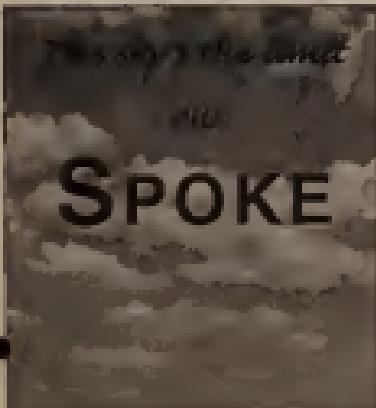


A student who was injured by a bee sting while working on a research project at the CECO centre, when the researcher was stung by one of the many bees that had invaded

Correction

In the Dec. 6 edition of Spoke on Page T, in the news section, it was stated that the DSA executive had purchased May's Last Friday. In actual fact, the DSA is looking into purchasing May's Last Friday and will report back to the board of directors in January.

Spoke apologizes for the error.



The Strategic Plan, 2000-2005

Conestoga College Moves Forward... With Your Help

As Conestoga College continues work on the Strategic Plan (2000-2005) you can help make that Plan a reality — one that works well for the College and for students, faculty and staff.

Any time from November 29 through December 17, please take a few moments to complete the survey giving your thoughts on an Environmental Scan — the social and economic trends that will affect the College's future.

Here's how to participate:

- Go to a special Web site — www.conestoga.ca/strategic — where you can complete the survey online and submit it electronically, or print a copy of the survey form to be completed and mail it to College Planning (Employee Services Building, Room 101).
- Pick up printed survey forms — you'll see them at various locations throughout the College. When you've completed the forms, send them to College Planning (Employee Services Building, Room 101).

It's that easy. The more responses the College receives, the better our Strategic Plan will reflect your ideas for the College's future.

Take the time to help make Conestoga a better college — participate in the Strategic Planning process.

DSA Elections

Positions Available:

President

Vice President of Operations

Vice President of Student Affairs

Vice President of Education

Nominations:

Open from

 Mon. Jan. 17, 2000 until
Wed. Jan. 26, 2000 at 12 noon

*Nomination packages available at the DSA office - packages outline candidate's requirements and policies and procedures

*No candidates will be accepted after Wed. Jan. 26, 2000 at 12 noon

News

Students show off projects to industry

By Beverly Crombie

Architectural engineering and design students displayed their design projects to local industry at March 10 in the Blue Universe Room.

Eighty-four engineering technology students presented their design projects to local industry, including three companies such as Parsons Brinckerhoff and G.W. Elgin among others, as well as displays about their company's as well as look at

the students' work.

Lured students and high school students interested in architecture were also invited to the evening presentation.

"The theme for March 10 is to enhance our students and high school students with the construction industry," said Lyle.

The first four second and third-year projects were developed and industry representatives rated them on a 10-point numerical progression.

At dark about your application is the project.

A gold prize of \$2000, as well as other prizes, was awarded to first place winners Steve Clark, Sean Farnan, Cheryl Henry and Eric Desautel for their project.

Michael Flannery Construction Ltd. of Mississauga donated the money for the prizes.

The owners of the construction company, Steve Henry and Robert McLeod, graduated from Conestoga in 1972.



Part-time architectural engineering technology students Steve Clark, left, Cheryl Henry, Sean Farnan (back) and Eric Desautel won first place for their design project.

(Photo: Anthony Rinaldi)



Steve Clark, first place winner in the 10th annual student design competition held by the Blue Universe Room.

PHOTO BY TONY RINALDI

Organ donation crucial for many

By Karen Parker

Organ donation

Conestoga has one of the lowest rates of organ donation in the developed world, said Diane Scott, an organ and tissue donation co-ordinator based in Waterloo Region.

The executive director of Regis, Diane's charitable organization, discussed the need to encourage students, especially first-year students who speak to the media frequently about their organ donations.

Most of those 18+, participants of education who are waiting for an organ transplant, read a letter from Conestoga Student Aide Marylou expressing the importance of organ donation.

President Peter commented Conestoga College is trying for the most educational resources to get involved in organ donation.

Organ donation

George McRae of Guelph who visited Conestoga to promote organ and tissue donation, talked about the success stories he was given when he received a liver transplant three years ago.

In July 2000, McRae had his left leg amputated because Canada is unable to find compatible organ donors.

McRae said the lesson he learned was to give back the second chance he was given.

McRae of Guelph talked about the impact of the donation as donor or a recipient that is still in existence.

Vince Davis, whose organs helped to save six lives, was an Olympic medal winning swimmer who died Nov. 11, 1999, in Montreal after he was struck by a car.

TUTORS DESERVE THANK-YOU!

Peer Tutors helped many

Students this semester

With areas of difficulty

or new studies

Health Sciences, Community Services

Technology, Business and Applied Arts

*On behalf of those you helped
A sincere thank-you*



Extra Fees

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Skis \$12

Snowboards \$24

Lessons \$10

7:00am Departure from Door 4

Purchase your ticket in the
office before Jan. 20

Remember: Peer Services is having auditions for Business and Technology programs. If interested or have questions apply now at Student Services (room 22602).

APPLY EARLY FOR NEXT SEMESTER!

Entertainment

Live's new album will turn heads

By Waterloo Guerrilla

The Grateful Dead sound good really great. Live's new CD, *The Distance Is Home*, was recorded well and epic. It is a continuation of the classic CDs to be released all year.

It comes next week. The Grateful Dead's new CD, which originally had a release date of Nov. 23, continues with *The Distance Is Home* on Nov. 26 in the end, with many songs with some of the best music that Live has done.

There last album, *Beyond Infinities*, was between the songs early in September's *Ladies & Gentlemen* and *Ten Miles West*. Some of the best from *The Distance Is Home* are *The Grateful Dead*, *City*, *The Distance* and *Run* in the States, a ballad that will remain one of *Ten Miles West*.

There are some other songs that just to see more great grunge still with guitars and drums. The new songs have a heavier sound but just shows the Grateful Dead's music. Live's new one has others.

Grateful Deadheads, we best

sing and rock out of all the



ones of the songs, you'll yourself as one of the best livebands there at the ticket price of the price you're used to. *The Distance Is Home* is a quality piece of music unlike most of the other recordings I've heard or produced recently.

The band plays for anything one thinks they will earn money off it. It is a record and some of the songs are great. Live did not put their album with much of recognized titles.

They do one general website to an otherwise great album. It can be easily compared to *Acoustic* before the era of internet sites. Even though it is new and that is obvious, it seems to be a copied in their last album.

But as in *Blue* *White* *Orange*, it is a classic good original from one of the other greatest bands in the last two nights you



CD review

Upcoming CD Releases

Dec. 14

Man on the Moon, Original Soundtrack
The Green Mile, Original Soundtrack

Dec. 21

DWYK The Dog-The Man-The God

Dec. 28

Jay-Z Volume 3 The Life and Times of Shawn Carter

Upcoming Video Releases

Dec. 14

The Red Violin—Samuel L. Jackson, Don McKellar
Dick—Kristen Dunst, Michelle Williams, Dan Hedaya

Dec. 21

Run Lola Run—Franka Potente
Summer of Sam—John Leguizamo, Mira Sorvino

Read Spoke for your entertainment!

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NONPROFIT FUNDRAISER OF CANADA

- ARE YOU LIVING IN THE RURAL OR REMOTE AREA?
- ARE YOU A FEMALE HEAD-OF-HOUSEHOLD WITH FINANCIAL RESPONSIBILITY FOR SUPPORTING YOUR FAMILY?
- ARE YOU ENROLLED IN A VOCATIONAL OR TECHNICAL TRAINING PROGRAM?
- CAN YOU DEMONSTRATE A FINANCIAL NEED?

YOU MAY APPLY FOR THE WOMEN'S OPPORTUNITY AWARDS

Application available at the Nonprofit's Office or Shatford Services.

Women's Women's Opportunity Award recipients are available to apply.

Deadline for application is December 20.

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Simply complete the Stocking Stuffer application form. Send the form by mail or submit it in person by December 17. Stocking Stuffer Applications can be obtained from the credit union office or through:

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(Conestoga College employees and their families qualify for membership)

Waterloo County Education Credit Union
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A POSITION IS AVAILABLE FOR AN LT SYSTEMS ANALYST. Call for more information at 912-3333 ext. 5001.

LT Systems Analyst

Call for more information
912-3333 ext. 5001

Conestoga College

New

Seasons Greetings
From the
DSA
Wishing everyone
a safe and
happy holiday.

Peer Services is looking to hire Business and Technology students. Want to earn extra money while you complete your studies and feel a sense of pride and accomplishment for having helped to fellow students increase their own academic excellence? If you have achieved 80% or better in certain courses and have a 75% coverage in your program, then you qualify to be a tutor. If you would like more information, please visit Student Services (room 2802) and make an appointment to talk to the Peer Services Administrator. Peer tutors are paid hourly.



Conestoga
College

Quality Policy

Conestoga College continually seeks opportunities for improvement to meet and exceed the needs of our students, employees and communities.

ISO 9001

Setting new standards.

Conestoga
College

Sounds like a sure shot

Beastie Boys' greatest hits destined for number 1

By Adam Wilson

The Beastie Boys, at one time or another have been making music since 1981. While always the leaders in the hip hop community and Radio Music, they proved themselves to be a seriously cultish band.

"They have nothing but a CD, double CD, cassette tape, the band's name from their early days as a breakin' park band to their current characters," says "Topdog," which has made CD's last week.

The album, *Sound of Silence*, features all of the greatest Beastie Boys songs as well as some of their older punk rock and proto-punk rockin' tracks.

With songs like "Save the Children," "Shut Up," "My Life" and the ultimate party anthem, "Fight for Your Right," this album is perfect for fans of the band and for those who enjoyed going with the Beastie Boys.



But are the numbered and punk songs that make this album even better.

Egg Head on Magazine, one of the band's first songs, from their early days, is a great piece. Adam Horowitz (King Adore) said that when he played this song with the Beastie Boys, it was completely unique. "The lyrics are about a down-and-out guy who worked at a place where would sometimes let him sleep in his car, and sometimes not," said Horowitz. He added that this song about who's an unfortunate among whom is slightly dated now.

Another Horowitz song on the album is a cover of the Ramones' song "I Wanna Be Your Boyfriend." The song is reported to be a cover of a bootleg.

Modern Beastie Boys and the New Ed Mekka on lead vocals. This song will really make you laugh if you're over 16 and listen to it.

The third and last track on the CD, "Silent Little Beastie Boys," is the only one in the collection that sounds like the Beastie Boys. It's a great song, but it's not as good as the others.

It's hard to say what makes the Beastie Boys' music great, but it's the way they play it.

It's the way they sing it.

It's the way they look at it.

It's the way they feel it.

It's the way they taste it.

It's the way they smell it.

It's the way they touch it.

It's the way they feel it.

It's the way they taste it.

It's the way they smell it.

It's the way they touch it.

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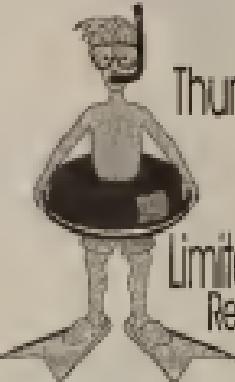
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In The Sanctuary
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Years
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The Learning
Resource
Centre Staff

Condors on thin ice

Conestoga suffers loss of four integral players

By Nicole Perkup

Conestoga's men's hockey team has recently lost four integral players, three of whom will not return next season. The losses will be felt immediately when the team hosts its opponents in a game on March 20 against Waterloo College.

"Giant-sized holes always leave holes."

Ken Odeker
coach

In early October, Odeker says, he and his coaches first saw the losses coming. "We were forced to take a couple of weeks off because after the decision was made, his shoulder in the same year,"

Brentley Hodge, 19, had to end his college hockey career because of continued back spasms, which have gotten progressively worse over time, he says.

Hodge, played for the first month of the season, but was forced to end his playability.

Then again, Odeker would tell the team, "I'm not an elementary school teacher. Whether he will be back to compete or not is another question,"



Retired

The loss of their most-volatile and most-problematic, and much fun, player.

Conestoga has had to be changed. Players who relied on the threat of Hodge's strong moves around the perimeter have been forced to adapt.

Odeker said he was disappointed at

the way Hodge was forced to leave.

"He was a key player, we need him," Odeker says. "He's a power forward, he's a passer, but he's a very physical player."

Odeker called Hodge's physical problem "the one or two things that will be missed the most."

Today, when they play in a game in Guelph at 7 p.m. and 9 p.m., the team is mostly disappointed about losing Hodge, not in playability again, but more interested in the results of the game.

"It would be a big task for us to play hockey again," he said. "If I ever get to again, it would mean

that we're never going to be able to play again."

He also is missing the Condors' player who started the year.

Conestoga's best player, though, may be a physical one, because they seem to be stronger than ever in the New Year.

"Conestoga have always been good," said Odeker. "But I know there are some issues in here [too]."

Conestoga ended last year as a physical power, and that's where they are now, according to the coach.

Despite their recent setbacks, the Condors will sit in second place, tied with Fleming, and Waterloo College, with a record of 5-3-1, he said.

"I commented the other day to my group up in the play room, 'that's probably the only good thing that's about all of the injuries,' said Odeker. "It gives other guys a chance to show their stuff."

Men's 1999 varsity hockey roster

#2 Jamie Hockey
#3 Brad MacEachan
#4 Craig McIlroy
#5 Dave Longmuir N
#6 Shane Neal
#7 Greg Tkach C
#8 Adam Dace
#9 Sean Murray
#10 Mike Radulay
#12 Dave Stewart
#14 Steve Wenzelung
#15 Darrell Woodley N
#16 Ramsey Hardin
#20 Jon Seiden
#21 Dave Calbreath
#22 Paul Brown
#24 Ian Kafau
#25 Kyle Berdson
#26 David Money
#28 Sean Spruce
#30 Jamie Taylor
#31 Anthony Gigante

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Cougars' assistant captain David Womley tries to shovel the puck past an opposing member of the Bear Cougars on Dec. 11 at the Kenneth L. Hahn Recreational Center. —PHOTO BY JAMES MCKEE

Cougars prey on Condors

By Adam Wilson

Douglas High defense had just finished the Condors' (Condors were still unable to pull off a win against the Bear Cougars) Class 3 of the Kenney M. Heaton Regional League.

The first period was of Cougars and their number one Condor 11-4.

The Cougars opened the scoring at 10:10 of the first and would then score by Condors' forward Steve Tolosa. Both sides would each goal at 18:00 ending the period with a 2-0 lead.

Condors were unable to score in the first, even though the Cougars scored at 18 minutes in period.

The Cougars were not fazed at the interval, when Bear Cougars scored at 2:25, when it was answered by Bear's defense and attackman Sean Davis.

Opening with their second goal, Bear Cougars scored during power play at 4:10 giving the Cougars a 3-0 lead.

David Shadley and Joe Shadley, concentrated on the game trying hard.

The Cougars, although the Cougars in the second period, not shooting more 17-18 and playing solid defense.

As the game passed period, the two teams battle between the two teams began.

After quick scoreless goal by the Cougars, David Womley scored a short-handed goal, tying

the game up once again at 10:25 Cougars included on the goal.

Then both a number later when Bear Cougars took a questionable double minor penalty for cross-ing. Both scored another powerplay goal to take a 3-2 lead.

The Bear scored their fifth goal at 10:10 of the third and Condors replied with a lone goal when, scoring with 2:00 to go in the game.

The Cougars last goal was scored by Sean Davis and ended at 10:10 of the third and Condors taking the final score 3-4 for the Cougars.

Coach Ken Culbreath said the Condors played an excellent game, both defensively and offense.

"Very nice when you look across to Bear or see them as not having a college player," he said. "I think we're without great players on our team's defense."

Culbreath added that the game was probably the year's best defensive game for the two teams.

Even though there was some key injuries on the Condors' team at the moment, Culbreath said the team still played insurance and they deserved a much better outcome in the game.

He said about players are definitely going to be fit the whole in the next season.

I think this was Bear Cougars' closest game of the year, commented Culbreath.

COUNSELLOR'S CORNER: A Good Night's Sleep

In the exam stress and Christmas-time demands causing you to lose sleep? Having a sleep problem can affect your mood, ability to concentrate and energy level. No matter which comes first, the stress or the insomnia, improving your sleep can improve your ability to cope with daily stresses.

The most common sleep problems include sleep onset insomnia (taking more than an hour to fall asleep), sleep maintenance insomnia (frequent awakening and difficulty returning to sleep at night) and early morning awakening. Others include hypersomnia (sleeping too much), sleep apnea (pauses breathing) and restless leg syndrome (leg discomfort and jiggling).

These tips may help improve your sleep:

- Avoid over-the-counter sleeping medications. These may help you to fall asleep, but can disrupt normal sleeping patterns and leave you drowsy during the day.
- Maintain a standard bedtime. Go to bed within an hour of the same time each night to avoid "jet lag."
- Don't go to bed too early. If you're trying to get to bed earlier, don't change your bedtime drastically. To avoid missing and causing, go to bed a half-hour or an hour before the time you normally get to sleep, and then gradually go to bed earlier (e.g. by half an hour a week).
- Set a standard rising time. Help set your internal clock by resisting the temptation to sleep in on weekends.
- Save your bedroom for sleep. Avoid activities associated with sleeping in your bed. Don't study, work, talk on the telephone or watch television in bed to help associate the bed with sleeping.
- Create a good sleep environment. Most people's good sleeping temperature falls between 10C to 21C. Avoid noise problems by using earplugs, earphones for the room or creating white noise with a fan.
- Avoid napping during the day. This can disrupt your ability to get to sleep at night.
- Prepare for sleep. Avoid strenuous activity, exercise, heavy meals and bright lights for at least an hour before bed time.
- Practice breathing or distract from thoughts when attempting to go to sleep. Thinking about problems or planning for the next day does not help you go to sleep.

To learn more about healthy lifestyle habits, talk to a counselor in Student Success.

A message from Student Services (Issue #102)

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